

Reprint: PROCEDURE FOR VISUAL CORRECTION by Bob Collings  
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This technique is designed to improve eye conditions in all cases where the cornea is not impaired. Cataracts can also be improved as this technique tends to build up a high level of internal awareness in the optical system and it is only a short step from internal awareness to internal repairs. Once this phenomenon occurs in relation to the eyes, the development of internal awareness in the rest of the organism is relatively easy.

The procedure is entirely an Effort Process and any incidents and somatics that appear during the process should be handled with standard procedure. The material can and will appear in any or all steps of the process, although most of the heavy runs should appear in Step seven. It is to be understood that this will vary in different individuals. The process should be continued until the basic incident is contacted and run out, and all locks having to do with the eyes thoroughly scanned. Any results obtained should be permanent and the PC should be impressed with this fact.

The process can be administered as fast as the PC can handle it. Any PC with previous conditioning in internal awareness should show almost immediate improvement, while a PC that is new to Dianetics might take a long period of time. Regardless of the time expended, the results are worth it.

Step 1. Obtain an accurate picture of an eye that shows all muscles, veins, nerves, etc. This may be found in any book of Anatomy. The PC should study the picture thoroughly and become fully acquainted with the entire eye structure. This should be done at regular intervals during the process so as to keep the "Original Blueprint" in constant restimulation. (Note: The use of a pictorial facsimile in this procedure is distinctly a "crutch" but through its use the process is speeded up to the point where minor and even major improvements are apparent quite early in the process.)

Step 2. Have the PC become aware of the concept of an object, any object, with which he is familiar and can be mentally visualized with his eyes closed.

Step 3. Have him move the object in a circle and follow it slowly with his eyeballs actually in motion. Run this long enough to fully acclimate the PC to the condition and until he runs it freely. (Note: as an aid to conditioning the PC in making the object move, have him (or her) go through a mental sequence of some habitual effort such as stirring a cake batter, opening and closing a water faucet, tightening a bolt, in fact, anything with which he is familiar.)

Step 4. Have him continue moving the object in a circle but have him follow it mentally with the eyeballs remaining static. It is extremely important that the PC runs this step until he is aware of a slight stress on the eyeballs, even though they don't move. As this is actually the first step in the development of internal awareness, have him practice the following exercises until that phenomenon exists.

Move the object:

1. In a circle, both right & left.
2. On a vertical plan, up and down.
3. On a horizontal plane, back and forth.
4. On a right diagonal, up and down.
5. On a left diagonal, up and down.

Step 5. Have the PC become aware of two objects, then run through the exercises in Step 4. (Note: The objects should be centered one in front of each eye. Some PC's will want to place them over and under and thus defeat the purpose of the process.)

Step 6. Repeat Steps four and five until the PC can change from one object to two and vice versa with little or no effort.

Step 7. With the PC visualizing two objects, run through the exercises in Step four but have the objects moving in opposite directions. That is, one eye following a circle to the right and the other to the left. Run this step slowly at first and gradually speed up until the PC is adept at it. (Note: Any differences in visual accuracy between the eyes will become more apparent in this step as the objects will be conceived as the eye would see it. If one object is less clear or appears at a different angle, have the PC exert a stronger effort on that eye so as to make both objects appear the same. This, in itself, is an important corrective measure.)

Step 8. Have the PC endeavor to contact the external muscles of each eye, one at a time, then the same muscle in both eyes simultaneously, then different muscles in both eyes simultaneously. This is a test of internal awareness and at this stage of the process the PC should find it quite easy.

Step 9. Have the PC contact the inner muscles of the eyes and apply stresses to them. These muscles should have the stresses applied at the PC's discretion and according to his own dictates because with his "Original Blueprint" in restimulation he will tend to move the muscles in a corrective manner. If he seems at a loss as to which direction to move the muscles, have him apply the stress in either direction and he will find that he will want to move the muscle in one direction only. This movement will make the necessary correction if used repeatedly. (Note: It is an interesting phenomenon that at this ~~333~~ stage of the process, the eye muscles are usually plastic enough to allow the PC to see two different objects at the same time, each object being in clear focus, and in various positions. This faculty can be developed to quite an extent.)

When this process has been completed, the PC will have corrected any visual defects and made a great stride forward toward attaining the goal of internal awareness. It is to be noted that when Step eight has been accomplished the PC will have established his "Super" Control Center and thus will have removed the greatest stumbling block in the development of Internal Awareness. (Note: Any comment, either pro or con, concerning this procedure will be welcomed by the author. Please mail same in care of Dianotes, 2449 Humboldt Avenue S., Minneapolis 5, Minnesota c/o General Editor.)

Note by RGK: I haven't tried this yet, but it fits in with other concepts and practices of internal awareness, so I am copying it here for you Networkers who may not have a subscription to Dianotes.

NEW NETWORKERS AS OF 1-9-53

Wm. C. Hamilton, 94 Howman Ave., New Miami, Ohio	per Kerlin
Alma Hill, 53 Spring St. (Apt. 1-A), Boston 14, Mass.	per Pope/Tullis
John Carey, 3122 East Federal Street, Baltimore 13, Maryland	per Pope
Don G. Purcell, 211 West Douglas Avenue, Wichita 2, Kansas	per Pope
SCRATCH OFF Tullis	per Tullis

Someone asked for case histories positive and negative. Here are some brief observations made April, 1951 with permission of persons involved to print them, but they were never printed. Processing was old Standard Procedure as improved to that date.

1. Before. Ate chocolate by the pound, which caused imbalance in diet and bad effect on health, in spite of constant "battle of will power" against it. Couldn't go two days without chocolate.  
Engram data. Mother said on two occasions contacted, "I have a terrible craving for chocolate; I can't control it," etc.  
After. Craving for chocolate gone. No effort of will made to go without. Tasted chocolate at party without arousing craving.
2. Before. Constipated previous four years.  
Data. 30 hours processing. No engramic material specific for this.  
After. No constipation for the 1½ years elapsed to date.
3. Before. Nervous. Drinking coffee increased nervousness, led to heart palpitation, excessive perspiration, sleeplessness. Felt coffee drinking was wrong, criticized others for doing so.  
Data. Prenatal engram; father said to mother, "Coffee makes you too nervous. You shouldn't drink it."  
After. Calmer. Can drink three or four cups of coffee in a day with stimulating effect but without jumpiness or insomnia. No longer worried about self or others drinking coffee.
4. Before. Often blurted "I'm confused" and felt confused when confronted with a new situation. Made simple tasks complicated. Read complicated hidden meanings into simple statements of others.  
Data. Mother often said, "I'm confused," and "You're making it too complicated for me." Father said, "It's a long story."  
After. No longer uses phrase. Rarely feels confused. Simple things no longer seem complicated. Verbosity greatly reduced.
5. Before. 20 pounds underweight for 12 years. Easily fatigued. Sluggish after lunch & dinner.  
Data. Father said, "I'm worn out," etc. in engrams. Several months' processing. No data specific to weight contacted.  
After. Gained 12 pounds in two months; several more next year. Much greater endurance. Much less sluggish after meals. On same diet and type of work as most of previous 12 years.
6. Before. Chronic cold with frequent acute colds.  
Data: In prenatal engrams, mother said, "I've got a cold," and father replied, "You've always got a cold!"  
After. Chronic cold symptoms vanished in a few days; gone for one month which followed. Had one mild cold after an exposure which formerly had led to severe colds. No data on later years.
7. Before. Nearsighted.  
Data. Several processing sessions. Material not known to me.  
After. Eyeglass correction reduced by 0.5 diopter.